



מדינת ישראל  
משרד החינוך  
המינהל הפדגוגי  
השירות הפסיכולוגי חינוכי

Dear Parents,

In these very moments, Israel is coping with an emergency security breach. We all hope to peacefully return to routine as soon as possible. As parents, it is our job to help our children cope with this delicate situation.

Physical Protection

First and foremost, the well-being of our family is our primary concern. We will make sure that our children are aware of the security protocols, keeping them near protected areas. On the Home Front Command website, you can find an adjusted protocol for children with special needs.

Emotional Sensitivity

It is crucial to be sensitive to our children’s feelings, no matter how old they are. We will put an emphasis on the “together” in family. We will be present and create a warm and open space for conversation. We must remember that our children’s ability to understand the situation lies on our actions.

Maintaining a Routine

We will try our best to maintain the family routine, or any other alternative routine as a way to show our control on the situation.

Minimizing Exposure to the Press

The exposure to the information presented by the press should be minimal and appropriate to the age of your children. If your children experience sirens, explain the situation in a calm and simple matter that puts an emphasis on coping together. We will try our best to limit the exposure to programs that ignite fear. We should explain to them that not everything the press releases is facts.

**It is crucial to remind them to refrain from sending news, pictures, and videos on social media.**

Creating a Calm Space

- We will make sure that our shelter is warm and inviting. It should have games, toys, pillows, food and water to ensure that our children are distracted from the situation.
- As we spend time in the shelter, creating a calm environment will give the children a sense of order. We will do so by continuing the activities done outside of the shelter. For example, when playing a game, hearing a siren and entering the shelter, explain to your child that we will wait a few minutes and go back to playing that same game.
- While in the shelter, we will allow our children to play, sing, dance, or sleep as they wish. We can give simple tasks to the older children to give them a sense of ability and safety.

Open Communication

We will discuss the situation with our children, **based on their age**. We will allow them to share and express themselves freely while providing them with appropriate information on the matter.

- We can ask: *“What do you understand on the matter?”* We can understand their feelings from the words they choose to use.
- We will always listen to our children, and allow them to share their thoughts, feelings and questions.
- We will explain the situation to our children, using simple words and explanations.
- To younger children, we can explain the words that they are exposed to: *Sirens, Shelter, Bomb*
- We will understand our children: *“I hear that you are scared”*
- We will share our feelings with our children as well, while still maintaining control of the situation. *“I am also worried, but I am glad that I am safe here with you, and that we have a proper shelter.”*
- We will answer their questions but withhold from additional information that is not crucial to convey our message.
- Our voices should express feelings of hope and sturdiness. We can tell our children: *“We are safe here. We believe in our troops. We trust our family to get through this together.”*



**Relieve Stress**

Whenever possible, we will encourage our children to continue their activities to relieve stress.

**Toddlers** should be surrounded by their toys, in and out of the shelter.

**Young children** should be surrounded by arts and crafts, and games that allow them to move around.

**Teenagers** should be encouraged to stay in touch with their friends, and maybe lend a hand to a friend in trouble.

**Encouragement**

We will encourage our children to find their own way to cope with the situation:

*"Good job for hearing the siren!"*  
*"I saw how you helped your sister!"*

**Assistance**

We will encourage our children to aid others in need as well as ask for help themselves.  
*"Asking for help is power!"*

**Pay Attention**

We will be attentive. If we notice a change in character, we will show them love and warmth, and consult with professionals.

**Parents,**

Stay safe! You are welcomed to contact the education staff for aid.

**"Emotional Help Desks" are open!**

Powered by the counseling offices of the Ministry of Education

**Help-Desk: 073-3983960, \*6652 Ext. 5**

Or contact your local ministry of psychology